



Ross-Shire Voluntary Action Newsletter March 2020



BLACK ISLE CYCLE CHALLENGE AND FAMILY FUN DAY 2020

Saturday, 25th April

all ages • all abilities
all for Highland Hospice

FOR MORE INFORMATION, VISIT
highlandhospice.org/bicc

KINDLY SPONSORED BY



Vacancies



Community Engagement Officer

Highland Hospice are looking to recruit a Community Engagement Officer to contribute to the delivery of the Hospice's strategic aim to work with communities to help them achieve the best possible support for those in their community faced with life shortening illness, death and bereavement.

The post holder will identify key individuals and groups, and engage with them and other stakeholders to help establish community-led partnerships to support and deliver palliative, end-of-life, and related social care services and initiatives.

The post is part-time for a two year fixed term. Up to 30 hours per week are on offer depending on successful candidate's preferred working pattern. It is essential that you have direct experience of working with communities, preferably in a health or social care environment.

For more Information or to apply click [here](#)

Closing Date: 5pm, Thursday 19 March 2020



**BE SEEN, BE HEARD.
FAICEAR THU, CLUINNEAR THU.**

HIGHLAND YOUTH CONVENER | NEACH-GAIRM ÒIGRIDH

Inverness, £17,002 annual bursary, a full-time role from August 2020 until August 2021, with some evening and weekend work.

We are looking for the Highlands' next Youth Convener. You will help make the Highlands the best place in Scotland to be young by ensuring that the voice of young people in Highland is heard on issues and developments that impact them. You'll work with the High Life Highland Youth Services Team in developing Highland Youth Parliament and other initiatives that increase youth involvement in decisions that affect them. You'll be a key representative of young people in Highland at various Highland Council and other committee meetings.

You should be aware of a spectrum of issues affecting a wide range of young people and be able to represent their views. You will be a good communicator – speaker/facilitator/reader/writer, with the ability to work with and relate to a wide range of people and organisations (See Contract Specification attached).

Please write or email to us in no more than 500 words 'How you would ensure young people's views are voiced to The Highland Council and Community Planning Partners', with a CV, and 2 referees noted. Applications can also be submitted as video or audio, equivalent to 500 words.

Closing date for Applications is Thursday 19th March 2020.

Please note that interviews will take place in two stages, on Friday 5th June and Wednesday 10th June 2020.

Email ian.abbot@highlifehighland.com, or post to Ian Abbot, Senior Youth Development Officer, High Life Highland, 12/13 Ardross Street, Inverness, IV3 5NS, Tel: 01349 781704



HIGHLAND APPRENTICESHIP EXTRAVAGANZA

**Saturday 7th March | 10am – 4pm
Eastgate Shopping Centre, Inverness**

Skills Development Scotland & DYW Inverness & Central Highland are organising a fun day celebrating all things apprenticeship to mark the end of Scottish Apprenticeship Week 2020!

- Apprenticeship myth busting
- Mini workshops provided by employers
- Live apprenticeship vacancy board
- Careers advice and support on the day
- Face painting, mocktail making, cupcake decorating
- Betty Booth
- Fun for all the family!

COME ALONG AND JOIN US FOR THIS FREE EVENT

Funding Opportunities



Bank of Scotland Foundation - Reach

The Reach programme is suitable for registered charities that can demonstrate they address disadvantage or social exclusion and will reach the most vulnerable people across Scotland, to provide them with opportunity and equality and making positive, sustainable change. For disadvantage examples include charities addressing primary disadvantage such as homelessness, abuse, mental health or poverty, or secondary disadvantage such as debt issues, learning disabilities, illiteracy, lack of employability skills or health issues. For social exclusion examples include charities addressing exclusionary challenges for minorities, people with disabilities, LGBT people, drug users, institutional care leavers, the elderly or the young.

Charities with an income of less £1M can apply. Unfortunately you cannot apply if you are a newly registered charity operational for less than one year with no accounts lodged at OSCR

Next deadline: 12 Noon on 2nd April 2020

For more information or to apply click [here](#)



Poppy Scotland

Poppy Scotland works collaboratively with other organisations, providing funding so that members of the Armed Forces community can access the specialist services they need. Funding covers health and well-being of veterans and their families, access to employment opportunities and employment skills, advice and support.

You can apply for this grant if you are a organisation working with the Armed Forces community.

To apply for a grant at anytime by contacting Gary Gray, Head of Welfare Services, on 0131 550 1593 or by emailing g.gray@poppyscotland.org.uk .



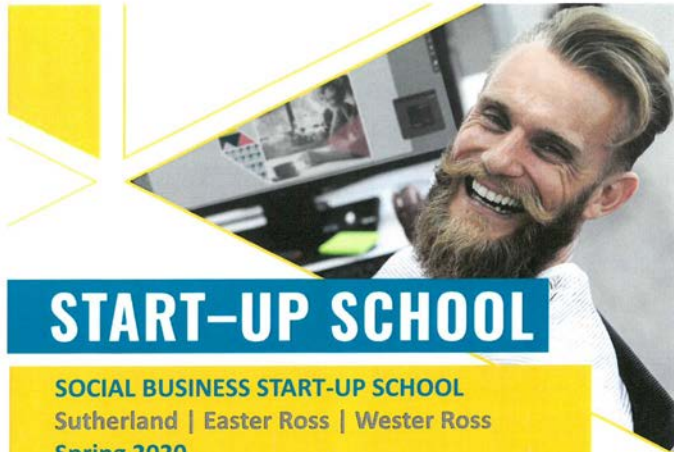
The Scottish Football Partnership

The SFP Trust is dedicated to supporting the grassroots level of the game in Scotland with funding opportunities for initiatives which assist in encouraging and sustaining greater participation in football. Applications are invited from any football organisation, from senior clubs in the Scottish Premier League to children's teams competing at a local level.

You can apply for this funding if you are a constituted football organisation.

For more information or to apply please click [here](#)

Training



START-UP SCHOOL

SOCIAL BUSINESS START-UP SCHOOL
Sutherland | Easter Ross | Wester Ross
Spring 2020

- Confidential coaching sessions
- Gain support from your peers
- Look at sources of investment and funding
- Explore ways to develop and grow your social business

To attend, please contact Lorna at:

lorna@socialenterprise.academy

Social businesses trade in order to make communities better places to live and work. They generate income and aim to make a profit but also have social, community and environmental benefits.

The programme helps people leading social businesses to develop their planning skills. We'll look at products, pricing and promotion as well as developing a clear vision for growth. Funding and investment opportunities will be explored. You'll leave the programme with a clear plan.

See how your organisation might generate more income

Benefit from one to one coaching

Develop your own leadership skills

Generate, pitch and present your enterprising ideas

Leave with a practical action plan

The Social Enterprise Academy is an approved ILM Centre. It is a company limited by guarantee registered in Scotland No. 272855 and Scottish Charity SC035936

SocEntAcademy
www.socialenterpriseacademy.com/scot

PROGRAMME DETAILS

WHO IS IT FOR?

This programme is for people starting and developing social businesses. This includes privately owned business with a community focus, and enterprising third sector organisations.

DATES

21 February 2020: Brora
24 February 2020: Lochcarron
26 February 2020: Invergordon
2 March 2020: Ullapool
5 March 2020: Bonar Bridge
9 March 2020: Gairloch
11 March 2020: Tain
12 March 2020: Invergordon
13 March 2020: Brora
9 March 2020: Gairloch

TIME Book your coaching / learning session.

COST Fully funded

MORE INFORMATION AND BOOKING

To find out more or book your place, call or email Lorna:

Lorna Jamieson | 01463 871219
lorna@socialenterprise.academy



Are you supporting a family member or friend with Parkinson's?

Why not come along to our workshops for Parkinson's Carers at:

Inshes Church, Inverness
Thursdays, every fortnight on
26th March
9th & 23rd April
7th & 21st May
4th June.
From 11am - 1pm
With lunch provided from 1 - 2pm

For more information please contact:
Cathy Orr, tel: 0344 225 9831 or email: corr@parkinsons.org.uk
Book your free place on Eventbrite: <https://connectingcarers.eventbrite.co.uk/>

PARKINSON'S^{UK} SCOTLAND
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.



Connecting Carers
A better life for unpaid carers in Highland

Parkinson's UK and Connecting Carers are running a course in Inverness this spring. The course is for people who support a family member or friend with Parkinson's and who want to learn more about the professional help, drugs, benefits and support available. The course is free.

Course workshops will cover topics such as:

- medication, physiotherapy, occupational therapy, speech therapy
- mindfulness, relaxation
- benefits and entitlements
- complementary therapies and medicines

Moving forward, we would very much like your input for future course content.

IS SUGAR KILLING US?

27 March 2020

Auditorium, Centre for Health Science, Inverness

10:30 Coffee and Tea
11:00 Sugar – a public health overview (Prof Hugo van Woerden)
11:15 Sugar – a history (Dr Marisa Wilson, University of Edinburgh)
11:45 Sugar – the Highland link (Dr David Worthington, UHI)
12:15 Sugar – the evidence of archaeology (Dr Ingrid Mainland, UHI)
12:45 Sugar and teeth (Dr Julia Beaumont, Bradford University)
13:15 Sugar and diabetes (Prof Sandra MacRury, UHI)
13:45 LUNCH
14:30 – 16:00 WORKSHOPS

One:

How do we respond?
To be held in the Auditorium

Two:

Steering Group Workshop
To be held in Room W/007, Nursing Corridor

Book your free place at the conference via:
www.eventbrite.com/e/is-sugar-killing-us-tickets-85369304889

For any queries, please contact sharonduncan3@nhs.net

Event organised by



Brexit & EU Citizens: briefing session for advisers

27 March 2020

15:00 – 17:00

Inverness

This briefing session on Brexit is aimed at local government workers (elected members, case workers and officers) and also to NGOs, EU citizens' rights groups, community groups and other third sector organisations.

You will be signposted to any relevant materials and support tools, such as Home Office toolkits, and specific advice services for citizens who need to apply to the EU Settlement Scheme. This free training session will:

- Give you a clear understanding of the EU Settlement Scheme (the new immigration status that EU citizens will need to apply for after Brexit).
- Explain the changes to EU citizens' status, so you are able to provide assurances.
- Explain the changes to EU citizens' rights to work, study, access public services, and to vote.
- Signpost sources of further information and support.
- Give practical information on the steps EU citizens, and the organisations that work with them, can take to resolve any problems.

The event will run from 15:00 until 16:30, with some time for a Q&A session after the presentations. Please arrive at 14:45 to allow time for registration.

The event is free, but spaces are limited!

To register for this event please click [here](#)

LGOWIT groups throughout the Highlands

Our Living Better groups allow people with long term conditions to come together to support each other to self manage and share tips and experiences. They offer the opportunity to join in various activities and learn from specialist speakers. These usually meet monthly. No need to book. Please check our Facebook Events page or www.lgowit.org for occasional changes to this schedule

Month	Day	Venue	Time
1st Week	Monday	Inverness - Trinity Church	2 - 4
	Tuesday	Tain - Alzheimer Scotland, Victoria Rd	11 - 1
	Tuesday	Lochcarron - Howard Doris Centre	2 - 4
	Wednesday	Nairn - Dunbar Golf Club	2 - 4
	Thursday	Dornoch - West Church Hall	2 - 4
2nd Week	Friday	Wick - Pultneytown People's Project	10 - 12
	Tuesday	Inverness - Gardening Group	2 - 3.30
	Thursday	Dingwall - Community Centre	11 - 1
3rd Week	Thursday	Lochaber - An Drochaid Fort William	11 - 1
	Thursday	Invergordon - County Hospital	3 - 4.30
	Saturday (Boccia)	Wick - Tesco Community Room	10 - 12
4th Week	Tuesday	Brora - Brora Hub	11 - 1
	Thursday	Invergordon - County Hospital	3 - 4.30
Last Week	Monday	Thurso - United Reformed Church	11 - 1
	Tuesday	Aviemore - St Andrews Church Hall	2.30 - 4
	Wednesday (Boccia)	Inverness - Spectrum Centre	2.30 - 4
	Thursday	Kyle - Lighthouse Centre	11-1
	Thursday	Inverness - Balloch Village Hall	12 - 2
Weekly	Saturday (Boccia)	Strathpeffer - Community Centre	1 - 3.30
	Thursday	Inverness - Netley Centre *	10 - 3

* Live and Learn Drop In Day

www.LGOWIT.org



Self Management Courses

Our courses enable people with long term conditions to learn tips and techniques to help them self manage their health more effectively. The courses are peer led, run by trainers living with long term conditions, last for 5 weeks and are FREE of charge

- Introduction to self management
- Effective communication
- Understanding pain and other symptoms
- Activity and exercise
- Managing change

Location	Start date/time
Balintore Seaboard Centre	Fri 14th Feb 1.30 - 4.00 pm
Wick Pultneytown People's Project	Mon 24th Feb 2.00 - 4.30 pm
Inverness Merkinch Community Centre	Weds 11th Mar 6.30 - 9.00 pm
Inverness Inshes Church	Thurs 12th Mar 1.30 - 4.00 pm
Nairn United Reformed Church	Thurs 12th Mar 2.00 - 4.30 pm
Dingwall Dingwall & Highland Mart	Tues 24th Mar 1.30 - 4.00 pm
Aviemore St Andrews Church Hall	Tues 14th Apr 2.00 - 4.30 pm
Brora venue to be confirmed	Tues 21st Apr 1.00 - 3.30 pm
Tain venue to be confirmed	Tues 5th May 2.00 - 4.30 pm
Inverness Trinity Church Hall	Tues 2nd Jun 1.00 - 3.30 pm

We schedule additional courses as soon as we have enough people who interested in any area across Highland - so please do let us know if you are interested even if you don't see a course you can attend listed. Additional scheduled courses will be advertised on our website

All courses must be booked by contacting our office on 01349 807061 or lgowitadmin@highlandtsi.org.uk

LGOWIT is a project hosted by the Highland Third Sector Interface. The HTSI is a Registered Charity SRC 043521. This project is supported by the Transforming Self Management in Scotland Fund provided by the Scottish Government, administered by the Health and Social Care Alliance Scotland.

Volunteer Opportunities—your chance to make a difference.



Ross-shire Community Transport Partnership

Together we'll get you there



Drivers needed

Do you want to make someone's day?

As a volunteer driver you can help more isolated members of your community to get out and about.

If you have some time to spare, we would love to hear from you.

Telephone 01349 862431 or
email transport@rossvolact.org.uk
for more information



GET IN TOUCH WITH JANE ON 01463 711393
tsdevelopment@inthisogether.scot

VOLUNTEER AT THE HIGHLAND CROSS HELP US TO CONTINUE PROVIDING SERVICES FOR THE ELDERLY...

20th June, 6.30am - 6.00pm



Black Isle Community Car Scheme

COVERS: (Cromarty, Balblair, Culbokie, Resolis, Rosemarkie, Fortrose, Avoch, Tore, Conon, Maryburgh, Muir of Ord, North Kessock)

- ◆ The Volunteer time commitment is flexible & Training is provided
- ◆ Expenses paid to Volunteer Drivers & the Journeys are within your local Area
- ◆ Volunteer Drivers enable isolated members of the community to get out and about

Volunteer Drivers Required

"It may just be another short trip for you-but it may mean so much more to someone feeling isolated in their community"

For more information about becoming a Volunteer Driver please contact:

Ross-shire Voluntary Action on Tel no: 01349 862431 or
email: biccs@rossvolact.org.uk



Greenpeace Inverness Group - Local Press and Media Co-ordinator

Do you enjoy creative writing? Have you got an eye for a striking photo? Would you like to get involved in campaigning on global issues in your local area?

Then Greenpeace Inverness Group's Local Press and Media Co-ordinator role could be right up your street!

About Inverness Greenpeace Group:

Inverness Group has just got up and running again! It provides a public face to Greenpeace campaigns in this area and brings expertise and energy that are vital to Greenpeace's successes as a campaigning organisation. In addition to campaigning, Inverness Group also organises fundraising and outreach events like film screenings and gigs.

About the role:

Local Press and Media Co-ordinators get local press coverage of group campaigns and activities. This involves sending out press releases, writing letters to the Editor of a paper, taking photos, and building relationships with journalists.

Getting local press coverage means that more people read about our campaigns and know that there's a local Greenpeace group near them. It also allows us to reach MPs and other decision-makers. Having content written by local people, for local people is so much more relevant and inspiring than anything written by a central press team!

You'll be part of a Network of Local Press and Media Co-ordinators all across the UK, and supported by a member of staff at Greenpeace.

You'll usually be asked to do one or two things a month, which will probably take around 4-6 hours per month.

Please note this is an unpaid volunteer role.

You are...

- Interested in global campaigning, such as on climate change, plastics, deforestation
- Friendly and confident engaging with members of the public
- Happy to get involved with the Inverness Group and to go along to monthly meetings
- An excellent written communicator
- Able to take a good photo
- You don't have to be really knowledgeable about the media, or a trained journalist - we provide training and support
- Internet and computer savvy, and have reliable internet access
- Ideally available for at least one year, but we understand that circumstances can change, and we want to make the role work for you
- Local to Inverness

Get in touch with [Laura Burley@greenpeace.org](mailto:Laura.Burley@greenpeace.org). Greenpeace's Local Press and Media Network Co-ordinator if you have any questions.

Or apply online now: <https://www.surveymonkey.co.uk/r/localmediacoordinatorapp>

Please note this is an unpaid volunteer role.

Highland Group
RDA



WOULD YOU LIKE TO VOLUNTEER WITH US, OR DO YOU KNOW SOMEONE WHO WOULD?

We are currently in the process of setting up the Highlands First independent Rda centre at Sandy Croft, Reilig Estate near Inchmore(Inverness to Beaully Road)

We need to train volunteers prior to welcoming our riders

With the support of people like you we can help to make a difference, offering the opportunity of horse riding to as many people as possible.

'It's what you can do that counts'

You'll be amazed how rewarding you find it.

About Riding for the Disabled Association

Riding for the Disabled Association Incorporating Carriage Driving (RDA) is dedicated to improving the lives of people with disabilities through the provision of horse riding and carriage driving. Through a network of over 500 volunteer groups throughout the UK, RDA provides opportunities for therapy, achievement and enjoyment, improving health, wellbeing and self-confidence, and benefiting mobility and co-ordination.

If you are interested in volunteering with us, or just want to find out more please contact Lisa by email info@highlandgroupRDA.co.uk or phone 07753 997937

Highland group is a member of RDA national. Registered Charity SC007357



Community Fundraising (Northern Scotland)
Unit C3 Gradlehall Business Park
Caulfield Road North
Inverness IV2 5GH

Alison Munro-White
Tel 01463 796619
Mobile: 07786311325
Email: AMunroWhite@redcross.org.uk

British Red Cross

The British Red Cross is keen to raise awareness of the services it offers across Scotland, UK-wide and Internationally. As a local community group, we hope the information below might be of interest to you.

Talks about British Red Cross Services

We offer general talks about the work of the Red Cross and the services we provide across Scotland. Our community fundraiser will be pleased to come to your group meeting, give an informal presentation lasting 30-50 minutes and answer any questions you may have. For more information or to arrange a date, please contact Alison – contact details above.

Volunteering

There are volunteering opportunities across our services for people of all ages and skill sets. For information about current vacancies near you, please visit the British Red Cross website <https://www.redcross.org.uk/get-involved/volunteer>. If you are interested in volunteering in retail, please visit your local Red Cross shop and have a chat with the manager.



We are often looking for both regular and occasional help with our community fundraising. Perhaps your group might hold a tea-party or quiz night in aid of the Red Cross or know of somewhere we could put a collection can throughout the year? If you feel you can give a little time to help, please contact your local Community Fundraiser, Alison on 07786311325.

Collection Volunteers Needed!

2020 is the 150th Anniversary of The British Red Cross, so we're looking for **150 new volunteers across Northern Scotland** who can help us for just 2 hours this May with Red Cross Week indoor bucket collections. You can choose to sit at the collection table or stand up with your bucket! Everything will be provided. All you need to bring is a smile!



Hundreds to Hundreds scheme

If your group has a great fundraising idea for an event that will raise at least £300 for the Red Cross, you can apply to us to receive a £100 grant to kick-start your money-making plan. Please contact your fundraiser using the details above.

150 years **the power of kindness**

Protective emblems used by the International Red Cross and Red Crescent Movement
The British Red Cross Society, incorporated by Royal Charter 1908
Registered charity numbers: England and Wales 202949 Scotland SC027738 Isle of Man 10752
Protects the Weakly The Great

What's



Over 50? Meet new people at a small friendly drop-in group. Coffee, cakes, board games, music. Just pop in, we meet at Dingwall Community Centre every 2 weeks.

Thursday 20th February 11.30-12.30.

Thursday 5th March 11.30-12.30

Thursday 19th March 11.30-12.30

Any questions contact Heather on 0734-2064381

Patron: Her Majesty The Queen. President: HRH The Duchess of Cornwall. Registered Address: Royal Voluntary Service, Beck Court, Cardiff Gate Business Park, Cardiff, CF23 8PP. Registered in England 2520413. Registered charity 2025088 & SC038624.

TARTAN

MASQUERADE BALL 2020

SATURDAY 14TH OF MARCH STRATHPEPPER PAVILION




TABLE OF 10 £650

SINGLE TICKET £65

NIGHT TICKET £10

DRINKS ON ARRIVAL, THREE COURSE MEAL, WITH EZRA PLAYING MUSIC. AUCTION AND RAFFLE. TICKETS ARE AVAILABLE AT SCIZZOR SISTERS
DRESS CODE: TARTAN OR MASQUERADE BALL MASK



U3A membership offers new challenges, new opportunities and new friends



Thursday 19 March at 2pm at the Baptist Church, Tulloch Street, Dingwall, IV15 9JZ

Annual General Meeting

followed by a talk on the "Night Sky/Aurora by Pauline Macrae

All Welcome



<https://u3asites.org.uk/dingwall/home>

tel: 01997 420112

Dingwall and District

Arting Around

Improve your wellbeing, make art and socialise. Come and join our group in a welcoming and friendly atmosphere. Enjoy making art and playing with colour, with time to relax and reflect. Develop an awareness of colour and the environment around you. With guidance from the tutor, you will start to develop your own art style and feel more positive and confident.

We'll use a range of unusual objects from your own home or garden and learn to play with colour and form. A selection of materials and basic equipment will be provided.

- Starting Monday February 24th for 6 weeks
- 10am – 12 noon
- Dingwall Community Centre, Tulloch Street, Dingwall, IV15 9JZ
- Tutored by local artist Lar MacGregor
- FREE but please book in advance

To book a space, please contact Judie Holliday j.holliday@wea.org.uk or phone 01463 710577



The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC0392393).

weaScotland.org.uk

WEA Highland

WEA
Adult Learning
Within Reach



Highland Hospice

Calendar Photography Competition 2021

Highland Hospice is inviting all photographers, amateurs and professionals to enter our Photography competition 2021 for our Highland scenes calendar 2021: Highland Wonders.

All photographs should show recognisable and spectacular Highland points of interests, landmarks, monuments and/or landscapes, showcasing the beauty and richness of our region and culture. Our Highland Hospice Calendar 2021 will celebrate the wonders of the Highlands from our glorious beaches to the high mountain tops.

The closing date for entries is Friday 27th March 2020.

Invergordon Friendly art sessions with Creativity In Care



Friday Afternoons
from 1:30pm – 3:30pm

Feb 28th Mar 6th Mar 13th and Mar 20th

JOSS STREET HALL

- Easy, fun ways of painting
- You can bring your own art if you prefer
- Come along for tea

£5 per person
(or whatever is affordable to you)

All incomes goes towards materials, refreshments, and the preparations

With grateful thanks to Steve Jackson's family for help towards these sessions.

Tel Chris King 07522812214
chris@creativityincare.org

Creativity In Care is a community interest company (no. SC438310) We love delivering social arts projects that have a positive impact on mental and physical health around the Highlands. We rely on grants, donations and sales to co-design, & deliver events with over 600 individuals every year, and thousands more through the exhibitions.
www.creativityincare.org info@creativityincare.org [mob 07716111585](tel:07716111585)



Local Youth Groups for LGBT Young People



Pillar

13 to 25 years

Meet weekly every Tuesday from 5.30pm -7.30pm at Merkinch Partnership, 4 Grant Street, Inverness, IV3 8BL


Want more info? Or to speak to a youth worker first? Then drop us an email: info@lgbtyouth.org.uk

Safe Friendly Confidential Welcoming



Make new friends
Get involved in projects
Get support and advice
Have fun


[f](https://www.facebook.com/lgbtyouth.org.uk) [t](https://www.instagram.com/lgbtyouth.org.uk) lgbtyouth.org.uk Scottish Charity SC024047



GET OUTDOORS PROGRAMME (2020-21)

for PEOPLE LIVING WITH DEMENTIA

- 4 blocs of 10 weeks each Friday 10.30am – 2pm, starting on 6th March. Meet at the woodland cabin.
- There will be an informal Get Together on 21st February at 11am.
- Arts & Crafts, gentle exercise, music & more
- Companionship & Fun
- Cooked food and refreshments are provided
- There is no cost
- Contact:
Adrian Clark – 01349 830517; adrian.clark444@btinternet.com
www.evantonwood.com ; [facebook](https://www.facebook.com/evantonwood)




Feature Piece



Hi Everyone

I hope 2020 is treating you well.

This Newsletter is to give you an idea of the programme we have in place for 2020. Can I ask that you circulate this in the forums and groups that you have access to?

To refresh your memory let me remind you what STAND International does:

We provide Short term volunteering opportunities abroad for people who have experienced being socially or economically disadvantaged in Scotland, to travel overseas to in 2020. Enabling volunteers to become involved in a supported group of people, varying in size from 8 to 15 people and traveling from Scotland to a different country. Whilst abroad volunteers are supported to assist in various opportunities from renovation and construction work, children's camps, camps for kids and adults with disabilities or working with animal's and environmental work. The majority of the costs to take part are covered by our funders however volunteers are expected to do some fundraising towards the trip. As well as full pre departure training. Volunteers may also receive 3 months support upon returning to Scotland to ensure they can harness their new found learning into either further training, employment or volunteering opportunities in Scotland.

As well as short-term volunteer opportunities we have places available for mentors. Mentors provide support and assistance to volunteers while they take on the challenge of volunteering abroad as well as additional support for 3 months upon return to Scotland enabling volunteers to best utilise the experience gained. Mentor costs are covered although there is some expectation of securing some matched funding. There is an option for those who perhaps did not feel that they had the skills or experience to become mentors to join the team as a trainee mentor.

This year we have opened non-funded places to volunteers who do not meet the funding requirements. This will enable volunteers who do not meet the funding criteria to take part in a trip to Belarus by funding their place. The changes regarding non-funded places have been in response to a number of enquiries and subsequent discussions with individuals and referring agencies that like STAND International wish to ensure that access to the opportunity to assist others in the wider global village is open to any person who wishes to take part.

We have 6 trips planned for 2020, 2 trips to Belarus and 4 to Romania. The age range of **volunteers for Belarus is from 16- 28years** and **Romania is from 16 to 65 years old** allowing for a greater number of people to participate.

ROMANIA trips - March, May, August and October 2020

BELARUS trips – July & September 2020

If you are interested in any of the above and want to discuss any of this further or want to chat through possible referrals then please drop me an email or give me a call on 01315559102 or email morag.crichton@standinternational.org or steven.ferguson@standinternational.org



Are young people volunteering in your organisation?

...And have you considered
registering as a Saltire Provider?

Saltire Awards is a special way of celebrating and recognising the volunteering achievements of young people in Scotland

What is it?

Saltire Awards is the **Scottish Governments national youth volunteer awards**. They celebrate, recognise and reward the commitment, contribution and achievements of young volunteers in Scotland, aged between **12** and **25**.

Young people gain nationally recognised certificates, signed by Scottish Government Ministers, for the different amounts of volunteering they do.

Saltire Awards helps young volunteers to reflect on, capture and communicate their learning and development gained through their volunteering.

Who is it for?

Saltire Awards is for young people between the ages of **12** and **25** and who are volunteering for the benefit of the community or a good cause.

Saltire Awards is delivered in each local authority area by the local **Third Sector Interface** (TSI) They provide support and assistance on achieving and accessing the Saltire Awards.

To find out more information, or how to register your organisation, please visit:

<https://saltireawards.org.uk/>



Ross-shire Voluntary Action

W: www.rossvolact.org.uk  www.facebook.com/RossVolAct  www.twitter.com/RossVolAct
Scottish Charity No. SC006582 Registered in Scotland No. 234092
Registered Office: The Fin House, Bridgend Business Park, Dingwall, Ross-shire IV15 9SL